

Boston's Age Strong Commission

Weekly Digest

January 24-30, 2022

Information & opportunities for Boston's older adults

Introducing the **B TOGETHER** app

AVAILABLE NOW



LEARN MORE AT [BOSTON.GOV/B-TOGETHER](https://boston.gov/b-together)

The City of Boston has launched a B Together app so that residents can quickly and seamlessly access proof of vaccination from their phones as they enter any business covered by B Together.

B Together is the new requirement to show proof of COVID-19 vaccination to enter certain indoor spaces in Boston, including indoor dining, fitness, and entertainment venues. It went into effect on Saturday, January 15. Patrons and staff of covered businesses must now provide proof they have received at least one dose of the COVID-19 vaccine. The goal of B Together is to close the gaps in vaccination rates, and to create safer indoor spaces for patrons and small business staff. Learn more at boston.gov/b-together.

Download the B Together app today!

Apple Store: apps.apple.com/us/app/b-together-city-of-boston/id1603683471

Google Play: play.google.com/store/apps/details?id=gov.cityofboston.btogether...

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Stay Connected
to Age Strong:

City Hall, Room 271
1 City Hall Square
Boston, MA 02201
617-635-4366

agestrong@boston.gov
boston.gov/agestrong



@AgeStrongBos

AGE+



City of Boston
Age Strong
Commission



MONDAY, JANUARY 24

1-3pm

Dimension, Distance, and Space:

The Art of Drawing in Perspective

UMass Boston Life Long Learning

email ollireg@gmail.com to register

5pm

Parks: Virtual Fitness: Dance Fit

Click [here](#) to register & for more information.

6pm

BPL Virtual: ASL at the Library: Signing Rocks!

Click [here](#) to register & for more information.

TUESDAY, JANUARY 25

10:30am

A Quilting Circle

BPL: Codman Square

690 Washington Street, Dorchester

Click [here](#) to register & for more information.

10:30 am ***Film showing via Zoom***

12:30 pm ***Film discussion via ZoomUMass***

Boston's Lifelong Learning Winter Film Series "Everybody's Fine"

email ollireg@gmail.com to register

5:30pm

Office of Housing Stability

Virtual Legal Clinic

Click [here](#) to register & for more information.

6:30pm

Parks: Virtual Fitness: Afrobeats Dance

Click [here](#) to register & for more information.

WEDNESDAY, JANUARY 26

11am

Parks: Virtual Fitness: Chair Yoga

Click [here](#) to register & for more information.

3pm

BPL Virtual: Shelf Service Live

Recommendations from BPL librarians.

Click [here](#) to register & for more information.

4pm

BPL: Free Tax Preparation (Drop-Off & Remote Only)

Click [here](#) to register & for more information.

6pm

Tenants' Rights Workshop

Click [here](#) to register & for more information.

THURSDAY, JANUARY 27

10am

***The Design and Implementation of
"Operation Magic Carpet"***

UMass Boston's Lifelong Learning
email ollireg@gmail.com to register

1pm

***BPL Virtual: Lunchtime
Science Fiction/Fantasy Short Story Club***

Click [here](#) to register & for more information.

2pm

***BPL Virtual: Tai Chi for Wellness with
Eddie Watkins***

Click [here](#) to register & for more information.

2:30-5:30pm

The Dudley Winter Market

11 Brook Avenue, Roxbury
Click [here](#) for more information.

6:30pm

Parks: Virtual Fitness: Zumba

Click [here](#) to register & for more information.

6:30pm

BPL Virtual: Ancient Civilizations

Click [here](#) to register & for more
information.

FRIDAY, JANUARY 28

10am-12noon

***BPL Virtual: Drop-in Office Hours: Legal
Services Center***

Click [here](#) to register & for more information.

12:30pm

Parks: Virtual Fitness: Chair Meditation

Click [here](#) to register & for more information.

SATURDAY, JANUARY 29

9am

Parks: Virtual Fitness: Strength Training

Click [here](#) to register & for more information.

10am-1pm

Dorchester Winters Farmers Market

6 Norfolk Street, Dorchester
Click [here](#) for more information.

SUNDAY, JANUARY 30

12noon-3pm

Roslindale Farmers Market

19 Corinth Street, Roslindale
Click [here](#) for more information.

6pm

Parks: Virtual Fitness: Yoga

Click [here](#) to register & for more information.

Walk Up

Free COVID-19 Testing

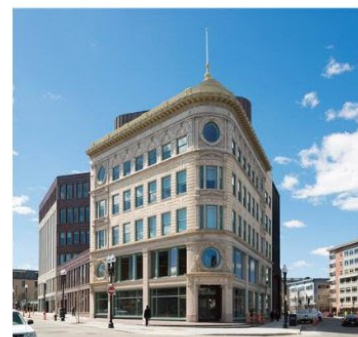
Bruce C. Bolling Building

2300 Washington Street

Roxbury, MA 02119

Tuesdays - Saturdays

12 p.m. - 8 p.m.



OTHER TESTING SITES AVAILABLE HERE: [BOSTON.GOV](https://www.boston.gov)

Call the Mayor's Health Line at 617-534-5050
for more information



cic
Health



SIGN UP FOR ALERT-BOSTON!


In 4 simple steps:

- 1** Enter your Email or Phone number
- 2** Select how you would like to be Alerted
- 3** Enter your First and Last Name
- 4** Enter your Zip Code & Select a Language


Sign up at [boston.gov/alert-boston](https://www.boston.gov/alert-boston)



City of Boston
Emergency Management




Am I eligible for a COVID-19 booster shot?



Who?

Individuals 12+ who are fully vaccinated*

*Individuals age 12-17 can only get the Pfizer booster




When?

- At least 6 months after Moderna
- At least 5 months after Pfizer
- At least 2 months after Johnson & Johnson

Which booster shot do I get?

- You may have a preference, but you can get any type of vaccine for your booster shot



More information at mass.gov/COVID19booster

For help scheduling a booster or transportation to get a booster, call 311 or Age Strong at 617-635-4366 or visit boston.gov



Need help paying for heat this winter?

You're not alone.

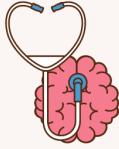
Find out if YOU qualify for fuel assistance discounts!

Call Age Strong at 617-635-4366 for an appointment with an advocate.



MASSACHUSETTS
Alzheimer's Disease
Research Center

BOOST YOUR BRAIN



WHAT'S GOOD FOR THE HEART IS GOOD FOR THE BRAIN



The Massachusetts Alzheimer's Disease Research Center (MADRC) encourages you to make brain health a priority in 2022 and beyond!

Studies show that heart-healthy behaviors can lower your risk for developing dementia. To learn how Diet, Exercise, Sleep and Social & Mental Activity contribute to brain health, scan the codes below.



DIET



SCAN ME

EXERCISE



SCAN ME



SLEEP



SCAN ME

SOCIAL & MENTAL



SCAN ME



LEARN

For more information about brain health, visit:
www.madrc.org/brain-health/

BOS:311

For non-emergency Boston city services



Call 311 or download the BOS:311 app to report problems directly to the City.

Get a pothole filled or a sidewalk repaired, report a broken traffic signal, request a street cleaning or graffiti removal, report missed trash collection, and more.



KEEP BOSTON SENIORS WARM THIS WINTER

The **Seniors Save** program can provide up to \$8,000 to eligible seniors to replace faulty heating systems.

Visit boston.gov/seniors-save to apply today.



PLAN FOR THE COLD

Information for Everyone



Dress in loose layers with a waterproof outer layer.



Stay inside some place warm.



If in danger of frostbite, soak cold digits in warm water. Do not massage or use heating pad.

DID YOU KNOW?

- Everyone is at risk of adverse health effects from cold weather exposure, such as frostbite and hypothermia.
- Stay dry! Being wet and cold is the main cause of adverse health effects. Overheating is also dangerous because sweating will lead to being wet and cold.
- Even short periods of skin being exposed to extreme cold can be dangerous. Uncovered skin releases heat that your body needs and can lead to frostbite.
- Cold affects people unequally. Those who are over 65 years old, have chronic medical conditions or disabilities, work outdoors, experience homelessness, or use substances are more at risk.
- Hypothermia is a serious condition caused by prolonged exposure to cold. It can occur indoors as well as outdoors. Warm your body, keep dry, and call 9-1-1 if needed.

RESOURCES

1

Get warm at public warming centers and Boston Public Libraries.

2

Get emergency notices via text, email or phone from AlertBoston.

3

Under certain conditions, such as extreme cold, utilities cannot be shut off for non-payment.

**For more information on these resources,
call 3-1-1 or visit boston.gov/cold**